

## Welcome to the Tri Travel tour of Ironman New Zealand

This week with the Tri Travel Tour you will be:

- Driving to Taupo from Auckland on our private tour bus watching the Hawaii Ironman DVD
- Driving over the run and cycle leg of the course
- Having organised swim and run sessions
- Visiting the Taupo Hot Springs and Huka Falls
- Having reserved seating at the carbo and presentation dinners (no lining up for Tri Travel team members)

All week long you will be treated as a VIP on the Tri Travel Tour.

During the week we will pick you up for every activity in front of The Suncourt Hotel. If you wish to partake in the day's activity please meet at the front of the Suncourt at the advertised time.

Following is the week's itinerary with all the activities listed. Please read it carefully and keep it with you during race week.

Kind Regards

**Shane Smith**  
**Tour Director**

# TRI TRAVEL IMNZ TOUR 2011



## TUESDAY MARCH 1

### Arrivals

On arrival in Auckland please make your way through customs and collect your luggage. The Tri Travel team will greet the flights and direct you to the transfer bus which will take you to Taupo. For some athletes there may be a one-hour wait for the transfer, allowing you time to change money and have something to eat. The bus will be aiming to leave the airport no later than 3:30pm and will arrive around 7:00pm. Time permitting we will call into Woolworths for supplies but this will be a 'quick shop' as tomorrow we will have more time to get all that is required.

## WEDNESDAY MARCH 2

### 8:00am: Run

Today Tri Travel will pick you up from Suncourt Hotel and drive you over one lap of the marathon course. On our way back from the far turnaround point we will get out of the bus and run the last 30 minutes back to the finish/transition area. The bus will meet us back at the finish line with drinks and then drive you back to your hotel.

### 10:30am: Shopping

To assist everyone get their 'weekly' shopping home, the Tri Travel bus will take partners to the local Woolworths supermarket. Once you have got all the shopping we will drop you off at your hotel .

### 1:00pm - 3:30pm: Huka Falls and Hot Springs Spa

The Tri Travel team will take you up to the famous Huka Falls and then to the Taupo Hot Springs for a soak in the therapeutic waters of the Hot Springs. Bring along the kids for a swim in the pools or to ride on the water slides.

Athletes bring your ID as we will drop you off at the expo to collect your race kits.

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## THURSDAY MARCH 3

### 8:00am: Swim

Meeting at the Suncourt hotel, we will drive you to the swim start in the beautiful Lake Taupo, and includes instructions on the race start and finish. The swim distance will be around 1-1.5km. You are free to swim more or less if you wish. Pro athlete Nicole Ward will join us for the swim.

### 1:00pm: Bike Course Orientation (1 lap - 90km)

Pick-ups will begin at 1:00pm at the Suncourt and we will drive over the cycle course, pointing out all the key areas of the race.

### 5.45pm: Carbo Loading Party

Tri Travel has arranged a special table for our Tri Travel Tour group. The party will finish around 8:00pm and we will take you home after the show.

**Please note:** Spectators need to purchase carbo and presentation tickets from the Ironman New Zealand office during the week.

## FRIDAY MARCH 4

### 8:00am: Light swim, meeting at the Suncourt Hotel

It's the day before the race and the nerves will be starting to set in but try to relax and enjoy the day. This morning is a light swim of 10 minutes including a few short sprints. Straight after the swim we will head over to the pre race briefing.

**9am - 10am Full Competitor Briefing - Taupo Events Centre**

### 10:15am: Shopping

After the briefing we will stop at Woolworths for some last minute shopping needs and then take you back to your hotel.

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## SATURDAY MARCH 5

### Race morning pick-ups begin at Suncourt at 5:30am

Tri Travel will pick up both athletes and partners and takes you to the race start to do your last minute check of the bikes and race gear.

### Race night pick-ups begin at 6:00pm - location to be advised

Tri Travel will pick up both athletes and partners and take you back home to your accommodation. As finish times will vary we will have a bus/van at the meeting point in town at the following times. If you require a lift home please meet there at these times:

- 6:00pm
- 8:00pm
- 10:00pm

## SUNDAY MARCH 6

**8:30am - Team Breakfast** - an opportunity to discuss yesterday's events! The breakfast will be held in Suncourt's function room.

### 12:00pm - 1:30pm: Hot Springs Spa

The Tri Travel team will take you up to the Taupo Hot Springs for a soak in the therapeutic waters of the Hot Springs. Bring along the kids for a swim in the pools or to ride on the water slides.

### 5:45pm Awards Party

Tri Travel will pick you up for the awards party and celebration at 5:45pm. After the ceremony we will arrange to take you home or to the next stop on the celebration night!

## MONDAY MARCH 7

### Bus Pick-ups begin at 11:00am

**11:00am** - Return to Auckland airport via team buses. Athletes and partners will be picked up from their hotel in Taupo at 11:00am